CATHETER CARE

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DEFINITION

Cleansing the urethral meatus, the skin surrounding the catheter insertion site & perineum for patients with retention catheter who are bed ridden.

PURPOSES

- To promote patient comfort.
- To reduce chances of developing urinary tract infection.

ARTICLES

1. ***A Sterile "catheter care Kit" containing***

- Artery forceps
- Thumb forceps
- Cotton balls/ swabs
- Bowls for antiseptic lotion & sterile water

Count…

2. A clean tray Containing

- Clean washcloth or towel – 2
- Warm water & soap
- Antiseptic lotion
- Normal saline
- Mackintosh / waterproof pads & draw sheets
- Antibiotics ointment
- Clean gloves
- Sterile gloves
- Drapes
- Kidney tray
- Adhesive taps & scissors

PROCEDURE

- Prepare necessary equipment & supplies
- Explain procedure to patient, offer opportunity for self-care if possible.
- Provide privacy for maintain patient self-esteem.
- Wash hand for reduces microorganism transmission.

Count…

- Position patient

  Female: Dorsal recumbent position with leg flexed

  Male: supine position.
- Placed waterproof pad/ mackintosh & drawsheet under patient for protect bed linen from soiling.
- Drape sheet over patient exposing only perineal area for prevent unnecessary exposure of body parts.

Count…

- Don clean gloves
- Remove anchor tapes to free catheter tubing.
- Exposure the urethreral meatus (with non-dominant hand)

Female: Gently retract labia to fully expose urethral meatus & catheter insertion site. Maintain position of hand throughout procedure.

Count…

Male: Retract foreskin if patient is not circumcised & hold penis at shaft just below glans. maintaining position of hand throughout procedure.

- Assess urethral meatus & surrounding tissue for inflammation, swelling & discharge. Note amount, colour, odour & consistency of discharge. Ask patient if burning or discomfort is felt.

Count…

- Cleanse perineal tissue

Female: Use clean cloth, soap & water & clean towards anus. Cleanse catheter first & than meatus, labia minora & majora, be sure to cleanse each side & dry area well.

Male: Cleanse catheter first & than clean from urethral meatus till glans penis in circular motion.

Count…

- Reassess urethral meatus for any discharge.
- Remove clean gloves & wash hands.
- Don sterile gloves
- Clean the perineal area with disinfectant

Female: Retract labia & wipe using sterile cotton swabs dipped in antiseptic solution from center to periphery in straight stroke from front to back, using one cotton ball for each stroke.

Count…

Male: Retract foreskin & wipe using swabs from center to periphery in circular stroke.

- Repeat the previous steps using cotton swabs soaked in sterile water/normal saline.
- Apply antiseptic ointment at urethral meatus & along 2.5 cm of catheter
- Place patient in safe & comfortable position.
- Remove gloves, dispose of contaminated supplies & wash hand

Count…

- Record & report condition of perineal tissue, the time procedure was performed, patient's response & abnormalities noted.

THANK YOU